

Wellness Notes

Tips on How Become More Active In 2006* (Part II)

9. Invest in your health - Do you want to spend money on joining a program? Or would you prefer to develop a program you can do for little cost, using objects or props in your home or office? Both options are available.

10. Checkout the facility you want to join - Does the facility feel friendly? Can you change clothes comfortably? If the facility has a pool, what is its water temperature? About 84-86°F is comfortable for moderate to vigorous activity, while warmer temperatures are nice for range-of-motion and relaxation programs. Does the pool or workout room have an easy and safe exit/entry? Ask to try various programs, so you can decide which program feels the most comfortable and fun.

11. Checkout the staff - Are the people who work in the facility friendly and interested in you? Are they qualified to work with older adults? Do the staff members each have a college degree in health? Do they offer pre-exercise fitness assessments, with periodic updates? Are they interested in helping you learn how to modify exercises to fit your fitness level and conditions? Do they encourage social interaction? Talk to mature adults who currently participate in their programs to build a complete picture.

12. Make choices - To move forward, we need to leave some things behind. What are you willing to give up to make room for exercise?

13. Every step counts - Wear a step counter throughout the day to count how many steps you take. Less active people tend to take about 4,000 steps or fewer per day. Aim to do 250 to 1,000 additional steps of brisk walking, until you reach 8,000 to 10,000 steps in a day.

14. Keep moving all the time - Stretch, walk, march in place, stand and sit as many times as possible when you're talking on the phone or during TV commercials.

15. Do your own house and yard work - If it is too much to do all at once, do it in sections throughout the day or the week. Put on some music or listen to a book on tape while you are working.

16. Create a support network - Tell friends and family about your new goals and ask for their support and encouragement. Involving others often helps us to keep our commitments. Consider scheduling telephone reminders from your support network to help keep you on track.

17. Know your challenges - List things that keep you from being active and come up with a solution for each. Recognize that challenges can be overcome.

18. Use the principles of progressive overload and specificity - Exercise in a way that makes your muscles work harder than they are accustomed to, but in a gradual and progressive manner and understand that you get what you train for, so exercise according